

Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

All activities are FREE
of charge!

Baby behavior class

Mondays, 2:00–3:00 p.m.
December 12, January 9, and
February 6
Emory Hebard State Office
Building
100 Main Street, Suite 220
Newport

Babies are born with the ability to communicate. Babies use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns.

Breastfeeding support: Preparing for birth and first 10 days

Mondays, 1:00–2:00 p.m.
December 12, January 9, and
February 6
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Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and about signs that breastfeeding is going well. Dad and grandparents are welcome too.

Healthy baby teeth = happy healthy baby

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Do you wonder when and how should you introduce solid foods to your baby? And what you should do now to keep your baby's smile healthy? Join us to learn how to care for your child's teeth, to make your own baby foods with the foods you are already cooking for your family, and what foods and drinks to avoid for healthy teeth. Receive free samples and an oral health assessment for your child. Remember, healthy teeth help your child to learn, play and grow.

Story time

Wednesday, December 7; 10:30–11:30 a.m.
Goodrich Memorial Library
202 Main Street, Newport

Tuesday January 17; 10:30–11:30 a.m.
Dailey Library
101 Junior High Drive, Derby

Listening to stories stimulates children's brains and their imagination. This is a fun, interactive story time where children will play, listen, share and learn at a local library.

Explore the library while you're there.

